



**“It’s just
because... the
mental health
problems make
things hard.””**

If you’re worried, don’t
make excuses, act.

Domestic abuse is everyone’s business

You might think it’s none of your business, or worry you’ll say the wrong thing, but now more than ever, we need to keep each other safe.

If you’re worried about someone:

- **Be safe:** remember - social media, phone and emails might be monitored. Don’t confront the abuser.
- **Be kind:** listen, make suggestions, not demands.
- **Be there:** be understanding and available.
- **Get help:** contact organisations for support and information.
- **Call 101:** if you are concerned about a friend or loved one, or that someone’s behaviour is abusive.
- **Call 999:** if you think there’s an immediate danger.

Useful contacts:

National Domestic Abuse Helpline
0808 2000 247

Victims First Northumbria
0800 011 3116

Wearside Women in Need (WWIN)
0800 0665555: 24/7 helpline
wwin.org.uk: online chat

The Men’s Advice Line
08088010327

This campaign was developed by domestic abuse and sexual violence support groups supported by Northumbria Police and Crime Commissioner, Kim McGuinness.